Equipments for Working Out from Home

If you are working out at home, you may need these two things that are very inexpensive. If you can't manage a yoga mat, don't stress out. Everyone has a towel at their home & that's enough.

Yoga Mat

Towel

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*If you are working out outdoors, use a pull-up bar at your nearby park to get your workout done.

Here is what a pull-up bar looks like in the park.

Pull-up bar